

Philippians 4: [5] Let your moderation be known unto all men. The Lord is at hand.

1. Poise is Encouraged

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"Let your moderation be known unto all men. The Lord is at hand."

Moderation is to be agreeable, reasonable, yielding to show consideration.

It is the absence of rudeness, rage and revenge. The Lord is watching, we must be an example.

Two women, Euodias and Syntyche were feuding, as one insisted on their way and the other would not yield.

For the sake of peace, we should be willing and ready to yield what we call our rights.

Moderation involves the yielding of our rights showing consideration.

Paul is saying, "don't worry about your rights, the Lord is at hand."

Psalm 145:18 The LORD is nigh unto all them that call upon him, to all that call upon him in truth.

We must be careful as we are advertising for Jesus. We are his human billboards to the lost.

Every Christian is in the public relations business.

We are to present Him in a way that the world is attracted to what we have.

Philippians 4:[6] Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

2. Prayer is Specific

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Paul says ***"Be careful for nothing."***

This is not a command to be careless, rather it is a command not to worry.

A. The Consequences of Worry

The word "***careful***" is a word that means anxious, troubled with cares or worry.

Worry will cut one to emotional pieces.

Our ability to truly focus is entirely taken away.

Matthew 13:22, teaches us that the cares of this world will choke the word.

Worry is actually symbolized as a choking.

We will encounter troubles and trials but it is wrong to worry over them.

Worry will cause physical problems with circulation, heart and the nervous system of the body.

* Margaret P. McCordie of the University of Wisconsin gave a list of what causes people to worry. She stated that 40 percent of our worries are over things that never happen, 30 percent of our worries are over things over and past that could not be changed by all the worry in the world, 10 percent are petty worries, and 12 percent are needless health worries. She also stated that only 8 percent of the things we worry about are real and legitimate worries.

Paul is saying, "Don't be anxious or worry about anything."

B. The Condemnation of Worry

Matthew 6:25-34, Jesus said "take no thought" three different times, in verse 21, 31 and 34.

We don't have to worry because of our Father (26-30), our faith (31-33) and our future (34) as we put Him first.

* Worry is the interest we pay on the debt of unbelief.

* We are often crucified between two thieves, the regrets of yesterday and the worries of tomorrow.

Luke 10:41-42, Martha was careful and troubled about many things, that were needless.

C. The Cure for Worry

God gives to us the solution for worry, "*in everything by prayer and supplication.*"

Our God is available and well able.

1Peter 5:7 casting all your care upon Him for He careth for you.

2 Kings 19:14, "*And Hezekiah received the letter of the hand of the messengers, and read it: and Hezekiah went up into the house of the LORD, and spread it out before the LORD.*"

What is it that is worrying you? Is it physical, financial, marital, emotional, mental, or spiritual? Tell it to Jesus!

* There was a man working on a enormous Mosaic.

There were thousands and thousands of colored tiles laying everywhere.

Someone asked of the pressure he had to finish in a timely manner.

He replied I have a goal to get one small section completed every day and day by day it will take care of itself.

* A missionary named Hotchkiss was running late and cut across the jungle into the open.

As he did there was a stampede of hundreds of rhinos.

Hotchkiss grabbed His Bible tightly and fell to his knees praying.

Soon the stampede was over and Hotchkiss was still alive.

Months later, when back on furlough a man told Hotchkiss that one night he awoke with a burden to pray for him.

As the discussion went on it was soon evident that the man got up to pray the same time of the Rhino stampede.

If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father, Matthew 18:19

Philippians 4: [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

3. Peace of God

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Paul says "*and the peace of God, which passeth all understanding....*"

This does not say "peace with God." We received that when we were saved.

Rather this is the peace of God.

The word "*passeth*" means surpassing, superior, supreme authority and in control.

God's peace can take control when we are out of control!

Right in the midst of our troubles and trials, the peace of God can give great victory.

Paul says that the "*peace of God..... shall keep your hearts.*"

The word "keep" describes a garrison of soldiers that are standing guard.

The word "*keep*" is to guard, protect and keep secure.

The peace of God protects and guards us from worry, fear, fretting, frustration, doubt, division and unbelief.

Several years ago there was a submarine that was being tested and had to remain submerged for many hours. When it returned to the harbor, the captain asked, "How did the terrible storm affect you?" The officer in charge of the submarine looked at him and said, "Storm? What storm? We didn't know there was a storm." The sub had been so far below the surface that it had reached the area known to sailors as "the cushion of the sea." Even though the ocean above had been whipped into huge waves by the high winds, the water deep below was never stirred.

Acts 12:6, Peter was awaiting execution and was found asleep, chained to 2 guards.

He was resting in the peace of God, though he was going to die in the morning.

The peace of God keeps our heart, which speaks of our emotions and it keeps our minds.